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READY HEIGL PREPS FOR NEW LIFE SCENE

{page 10}



OTTAWA
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Tuesday, October 5, 2010
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Watson still ahead in poll

- Majority of residents dissatisfied with the performance of council in general
- Poll suggests that people will make up minds in the last days before election



Left to right: Jim Watson is leading the race with 36 per cent of the vote. Larry O'Brien is in second, at 17 per cent, Andy Haydon is in third with eight per cent, and Clive Doucet rounds out the top four at six per cent.

With three weeks to go before election day, a new poll shows Jim Watson is boasting a big lead in the mayor's race, but the campaign is far from over.

According to a poll conducted by Holinshed Research Group of 396 people randomly selected from across the city, Watson is leading the race with 36 per

cent of the vote.

However, with nearly 30 per cent of respondents saying they were still undecided, the race is still wide open, said Holinshed president Frank Hall.

"It's probably good news for Jim Watson and suggests Larry O'Brien has an uphill climb, but to say that this is a done

deal right now is shortsighted," he said. "That undecided vote is a wild card at this point."

Holinshed has been tracking these numbers since the beginning of the summer and the numbers have barely changed by one per cent.

TIM WIECLAWSKI

PHOTOS BY TRACEY TONG AND TIM WIECLAWSKI/METRO OTTAWA

Canada

It's all in the family

Report highlights 'fluid' nature of contemporary Canadian family Study found married couples with children a minority {page 6}

Get stewing for the fall

Time to get cooking with a warm-the-heart recipe {page 15}

Every project needs a plan

It's Financial Planning Week {page 17}

Sens looking forward, not back

Players happy, distractions a thing of the past, team says {page 20}



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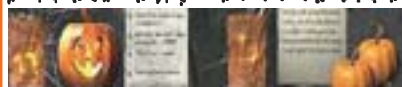
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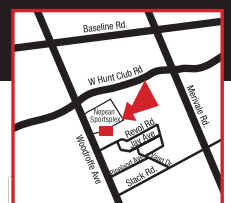
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Online tool profiles ward candidates

An impartial online tool to promote new candidates and bring new ideas to the table launched yesterday.

The Change Your Councillor campaign at www.changeyourcouncillor.com helps voters get acquainted with candidates challenging the incumbents in their ward, said creator Blake Batson.

● TIM WIECLAWSKI

Bank heist leads to charges

A Gatineau woman faces charges in relation to a bank robbery on Merivale Road last week.

Just after 10:30 a.m. last Friday, a lone woman entered a Royal Bank branch and demanded money. A woman matching the description of the suspect was arrested for robbery.

● TRACEY TONG

Cops nab suspect

Police charged a man following a mugging in the city's west end over the weekend. Two males were walking through Ryan Farm Park, when two male suspects approached them. ● TRACEY TONG

Police seek robber

Police seek a suspect following a robbery at gunpoint at a west-end East Side Mario's Sunday night. At 11:15 p.m., a man entered the Stafford Road restaurant brandishing what appeared to be two firearms and demanded money. ● TRACEY TONG



► Families and friends of missing and murdered Aboriginal women, including those of area teens Maisy Odjick, pictured, and Shannon Alexander, who have been missing since September 2008, attended the rally at Parliament Hill yesterday.

Sisters have the Spirit

► Hundreds attended the fifth annual Sisters In Spirit vigil to honour the lives of missing and murdered Aboriginal women and girls



TRACEY TONG
@METRONEWS.CA

When Terrie Ann Dauphinais was murdered in 2002, she left behind three children.

"My grandchildren will never know what it's like to have their mother's love," said her mother, Sue Martin, in an impassioned speech at the Sisters In Spirit vigil on Parliament

Hill yesterday.

"Women are fleeing abuse and being murdered every day ... and people are turning blind eyes. We have to stand up and say, enough is enough. This is generations lost. This is my family. We're all in pain. I'm asking Canadians to stand up and say, 'No more.'"

Bridget Tolley also had a story to share. Her mother, Gladys, died in 2001 after

being struck by a Sureté du Québec police cruiser.

"I will continue to fight," said Tolley, "not only to restore my mother's dignity, but to support all the missing and murdered Aboriginal women and girls and their families."

"We all have the same reasons for being here," said Pauline Decontie, an elder from the Kitigan Zibi Anishinabeg First Nations territory.

Close to home

Forty per cent of homicide cases of Aboriginal women remain unsolved.

- Friends Maisy Odjick and Shannon Alexander went missing from Maniwaki in September 2008.
- Vanier resident Kelly Morriseau was stabbed and left to die near Gatineau Park in December 2006.

1

news


News on the move

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- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

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Is the road to investment heaven paved with gold? Allan Small investigates at metronews.ca/investing



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Blogger accused of spying

Syria has accused a 19-year-old blogger who is in prison of being a spy, an official said yesterday in the first comment from authorities on a case that sparked calls by a leading rights group for the young woman's release.

Tal al-Mallohi was taken into custody in December. Her blog, known for poetry and so-

cial commentary, focuses mostly on the suffering of Palestinians. It was not clear whether al-Mallohi's arrest was connected to the blog.

"She was detained on the accusation of spying for a foreign country," the Syrian official said. "Her spying led to an attack against a Syrian army officer by the agents of this foreign country."

The official did not specify for which country al-Mallohi allegedly spied.

THE ASSOCIATED PRESS

IVF developer wins Nobel Prize

Robert Edwards of Britain won the 2010 Nobel Prize in medicine yesterday for developing in vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of Cambridge, started working on IVF as early as the 1950s. He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then

Controversy

► The Vatican is opposed to IVF because it involves separating conception from the "conjugal act" — sexual intercourse between a husband and wife — and often results in the destruction of eggs that are taken from a woman but not used.

implanted into the womb — together with British gynecologist surgeon Patrick Steptoe, who died in 1988.

THE ASSOCIATED PRESS

Pumpkin weighs in at 644 kg

A gargantuan gourd tipping the scales at 644 kilograms has won a giant pumpkin weigh-off in Nova Scotia.

The winner of the weekend competition in Windsor was grown by Jeff Reid of Waterville, N.S.

THE CANADIAN PRESS

Londoners hit with tube strike

By foot, bike and new routes, commuters in London, England, scrambled to get to work yesterday during a one-day strike by the city's subway workers. Thousands of employees walked off the job Sunday evening to protest planned job cuts.

THE ASSOCIATED PRESS

Let's talk about sex: Researcher

BOB CHILD/THE ASSOCIATED PRESS



► In this April 20, 2005 file photo, student Marissa Manzi wears a condom costume at an AIDS Awareness Day rally outside the state Capitol in Hartford, Conn.

► New study takes an in-depth look at the sex life of Americans

The male-female orgasm gap. The sex lives of 14-year-olds. An intriguing breakdown of condom usage rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers. That's just a tiny sampling of the data unveiled yesterday in what the researchers say is the largest, most comprehensive national survey of Americans' sexual behaviour since 1994. Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom, and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The lead researchers, from Indiana University's Center for Sexual Health Promotion, said the study fills a void that has grown since the last 1994 study was published. The researchers said they were

"Unless, like al-Qaida, you feel there's something abnormal about the American people, what these data say is, 'This is normal — everything in there is normal.'"

DR. DENNIS FORTENBERRY,
PEDIATRICS PROFESSOR

struck by the variety of ways in which the subjects engaged in sex — 41 sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation.

Men are more likely to experience orgasm when vaginal intercourse is involved; women are more likely when they engage in variety of acts, including oral sex, said researcher Debra Herbenick, lead author of the section about women's sex lives.

THE ASSOCIATED PRESS

JONATHAN MONTPETT/THE CANADIAN PRESS



► Misty Lyttle pays tribute to her brother, Sapper Steven Marshall, killed in Afghanistan in 2009.

Troops should stay: Families

Several members of Canadian families whose loved ones were killed in Afghanistan are calling on Prime Minister Stephen Harper to reconsider bringing the troops home next year. The families were on hand to attend a memorial service yesterday at Kandahar Airfield.

Frederick McKay, whose son Pte. Kevin McKay was

killed earlier this year, says it's wrong to think that victory is impossible.

He says Canadian troops are winning small battles, like allowing children to go to school, and those victories will likely come to an end if the troop withdrawal goes ahead as planned next summer. "Over the course of the years to come, all these small victories will

make the sacrifices that our guys are making here in Afghanistan worthwhile," McKay said. "You can't do that if we bring them home."

Canadian troops are doing good work and it's too soon to pull them out, added Ann Bason, whose son Master Cpl. Colin Bason was killed in 2007.

THE CANADIAN PRESS

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One size doesn't fit all families

► Report highlights 'fluid' nature of Canadian family
► Those married with children are the minority: Study

If there were one way to pigeonhole the typical Canadian family, it would be this: There is no such entity as the typical Canadian family.

Single-parent, step-parent-blended, same-sex or common-law — the country's modern family comes in all shapes and sizes and is constantly shifting its makeup, suggests a report by the Vanier Institute of the Family released yesterday.

"Family really is quite fluid," said Katherine Scott, director of programs at the Vanier Institute and principal author of the report entitled Families Count.

The report says today's families are smaller than in the past and adults wait longer to marry, if they tie the knot legally at all.

Family facts

► **Common-law unions** are the fastest-growing type of family, rising to 15.5 per cent of all families in 2006 from 5.6 per cent in 1981.

► **Two decades ago**, 81 per cent of children younger than 15 were living with parents who were legally married; by 2006 that figure had dropped to just less than 66 per cent.

► **Same-sex couples** grew by about one-third between 2001 and 2006, five times faster than the growth in opposite-sex couples.

Common-law unions are becoming far more prevalent as an alternative — not

just a prelude — to a formal walk down the aisle.

The document, much of it based on 2006 census data, says the proportion of legally married Canadians has been falling over time, with about 48 per cent of adults reporting they were legally married that year.

However, the institute found there are more couples without children in Canada than those with children — and married couples with kids now represent a minority in all provinces and territories.

While shifting societal attitudes have had a huge hand in colouring the portrait of Canada's families, so too have fluctuating economic realities — such as the need, in many cases, for two-income households.

THE CANADIAN PRESS



► Swine on the loose.

Pigs meet their end en route

Fifty frightened pigs wandered around a Toronto highway on-ramp yesterday as 81 others lay dead or dying amid the squealing and grunting cargo of a transport truck that rolled over.

The big rig was carrying 250 pigs to an abattoir. But police said it was going too fast for the curved Highway 427 on-ramp to the eastbound Gardiner Expressway.

The driver was not injured. THE CANADIAN PRESS

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Plaintiffs finally win class-action lawsuit

◆ \$455.7-million settlement to be distributed among policyholders
◆ Great West Life says it will appeal

After 12 years of fighting Great West Lifeco Inc., Bill Rudd feels vindicated that an Ontario court has awarded payouts to nearly two million Canadians to settle a class-action lawsuit over the financing of an acquisition that dipped into policyholders' funds.

"I'm 80 now, I started this when I was in my 60s," said Rudd, a small shareholder and participating policyholder in London Life Insurance Co. and the lead plaintiff in a class-action case against Great West Lifeco and its subsidiaries for violating the Insurance Companies Act.

"I was very pleased that it worked out the way it

At issue

▶ A judge in London, Ont., ruled Friday that Great-West breached sections of the Insurance Companies Act when it transferred money from the accounts of subsidiaries London Life and Great-West Life Assurance Co. to finance the 1997 takeover of London Insurance Group.

did. We got the major part of the award that we wanted to get," he said yesterday.

Great West Life has said that several aspects of the decision are "in error."

THE CANADIAN PRESS

Miners irked by loan

A Crown corporation will provide up to \$1 billion US in financing to Vale SA, raising the ire of workers embroiled in a 14-month strike against the international mining giant.

The loan from Export Development Canada includes \$250 million for a

"You don't (loan money) to an employer that has shown absolutely no respect for the laws of the land."

KEN NEUMANN, UNITED STEELWORKERS' NATIONAL DIRECTOR FOR CANADA

nickel processing plant in Newfoundland and Labrador, where Vale is in a dispute with members of the United Steelworkers. THE CANADIAN PRESS

Potash sale offers few benefits: Report



▶ The Rocanville mine owned by PotashCorp.

A takeover of Saskatchewan-based PotashCorp could slash the provincial government's revenues by at least \$2 billion over the next decade while having little or no net effect on employment, according to a report done for the province.

However, it also emphasized that the only major downside would be the loss of government revenue.

THE CANADIAN PRESS

Zellers MID-WEEK MANIA

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Retail. Reinforcements



▶ A Future Shop store in Toronto. The electronics retailer has announced plans to hire more than 4,000 seasonal employees across Canada.

KEN FAUGHT/TORSTAR NEWS SERVICE

Here comes the cavalry

Future Shop says it plans to hire more than 4,000 seasonal employees across Canada for the holiday shopping season. The electronics retailer plans to beef up its workforce by more than 40 per cent during one of the busiest times of the year.

Market moment

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DOGS AREN'T EVERYONE'S BEST FRIEND

She says ...

**JESSICA
NAPIER**



Telling someone you're "not a dog person" is like announcing you don't like babies, or sunflowers or snickerdoodle ice cream. People look at you like you need to spend a week at re-education camp.

I know. I don't like dogs and I'm not feelin' the love. Since I've never actually had a dog, people like to inform me that I just don't get it.

Dog lovers are a cliquey bunch and I've never felt like I belong. As an outsider looking in it just seems like a strange sort of thing to become so emotionally involved with. I wouldn't tolerate a loud, messy, needy man in my life so how could I justify

committing to a pet with the same character traits?

I recognize the many virtuous qualities of these domesticated beasts. They hold a very important place in our society as both service animals and loyal companions. I don't hate dogs, but I'm also not particularly interested in being around them. Dogs might be man's best friend, but they're certainly not mine.

I don't talk openly about my

"Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, 'Oh, don't worry, he's very friendly,' doesn't make me feel any better while I desperately fend off his unwelcome advances."

affliction. And for good reason.

Devoted dog people tend to assume that everyone will worship their beloved pet as much as they do. Even when I offer many valid reasons for feeling uncomfortable around these animals (mild allergies, a distaste for dog hair on black clothes, and a little bit of genuine fear) a dog owner will inevitably form the conclusion that their precious pooch is different and

special enough to sway my opinion.

Furthermore, they often believe that anything their dog decides to do is not only completely excusable, but is also incredibly endearing.

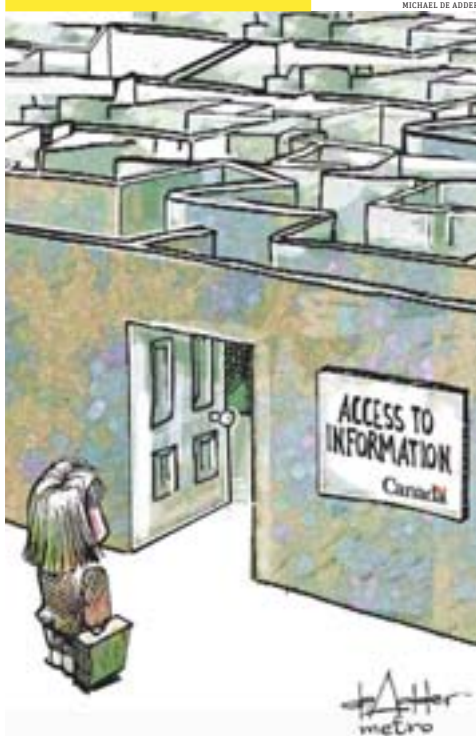
Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, "Oh, don't worry, he's very friendly," doesn't make me feel any better while I desperately fend off his unwelcome advances.

A dog that spends a minute and a half aggressively sniffing at my crotch is not friendly; it's trying to get to third base.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon



Making cyberspace safer

Worth mentioning

The federal government has launched a major effort to make the Internet safer.

Canada's cyber security strategy, announced in last spring's budget, will cost \$90 million over five years and \$18 million in ongoing funding.

It aims to secure federal computer systems and join other governments and industry to "ensure systems vital to Canadian security, economic prosperity and quality of life are protected."

The strategy will also boost education and awareness to better help Canadians keep personal information secure when

Net protection



online at home and at work.

Public Safety Minister Vic Toews says cyberspace — and its accompanying threats — are constantly evolving. "It's time to take protection of Canada's cyberspace to the next level."

Under the measures announced yesterday, Ottawa is investing \$3.5

million in a 24-hour-a-day Information Protection Centre to combat hackers and cyber attacks.

Natural Resources Minister Christian Paradis said the program will help defend vital systems, such as those protecting energy infrastructure, as well as help Canadians shield personal information online.

THE CANADIAN PRESS

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Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
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Metro Minute in The Abyss

The Canadian Museum of Nature has welcomed a travelling exhibition to unravel the mysteries of the deep sea. The Abyss: Life In The Deep Sea, which opened last weekend, plunges visitors into the darkest, deepest parts of the ocean and features images, audiovisuals, panel texts, interactive animation and specimens that tell the

story of this unique ecosystem. The exhibit also features replicas of deep-sea diving apparatuses, including a 1690 diving bell that enabled five men to venture 18 metres deep into the Thames River for one hour, and a dirigible-like contraption called a bathyscaphe that enabled people to dive 4,000 metres underwater by 1948. ● TRACEY TONG



► The Abyss opened at the Canadian Museum of Nature last weekend.



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In brief

Usher and his mother have reconciled, but he still wishes she hadn't boycotted his wedding three years ago.

In an interview with Vibe magazine, the 32-year-old says he was "very disappointed" his mother decided not to witness his marriage to his former stylist, Tameka Foster. The two divorced last year.

Usher says he "wouldn't do that to my child." The singer says "parents should be able to have unconditional love for their children and their decisions, regardless of how they feel."

Usher and Foster have two-year-old and one-year-old sons. Usher's mother used to manage his career.

The October/November issue of Vibe hits newsstands Oct. 12.

THE ASSOCIATED PRESS



Die Hard director gets one year in jail for lying about Hollywood wiretapping case



► Melissa McCarthy as Deedee and Katherine Heigl as Holly Berenson in the romantic comedy *Life As We Know It*, a Warner Bros. Pictures release.

Art imitates life in Heigl's latest flick

► Actress co-stars with Josh Duhamel in new romantic comedy ► Script hit close to home as she becomes a mom to adopted daughter Naleigh



"You guys don't mind? It's not real," Katherine Heigl says as she brings a pink metal electronic cigarette to her mouth, an LED in the tip glowing blue as she inhales, blue mist escaping as she exhales.

The device is to help kick her smoking habit. "You get your hit of nico-

tine but you blow out water vapor. You're not inhaling tar, there's no carcinogens. And they say nicotine is no worse for you than coffee. I mean, a few people say that, so I'm going with that."

A new mom to adopted daughter Naleigh, Heigl is keen to quit smoking, just one of the changes she's made since becoming a parent. That change in life made it easy to take on her

latest project, *Life As We Know It*, in which Heigl and co-star Josh Duhamel are thrust into parenthood when their best friends die and leave them custody of their infant daughter.

"I related to the movie because in my own life I was getting ready to become a mom and wanting to start a family, but I didn't expect to be doing both at the same time, so it was interesting and overwhelm-

ing for sure," she says.

"I couldn't show up to set with the same kind of focus I had in the past on other projects because I was really distracted," Heigl says. "So what you see in my performance is pretty much who I was at that time and all I had. I gave it all I've got, but there wasn't a lot of craft involved at that point. It was just instinct. It was a fascinating psych experiment."

Heigl quoted

Jumping into parenthood requires some thought — but not too much.

► "It's one of those things you just have to dive in blind, otherwise you'd never do it. Because it is just so intense. This child is in my care, she's mine. She is my responsibility... I think mothers look at their children like the second coming. You look at them and go, 'They're so smart, they're so beautiful.'"

DVD Releases this week

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 | Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿

Karate Kid misses the mark

The Karate Kid
Genre: Action

Director: Harald Zwart
Stars: Jackie Chan, Jaden Smith, Taraji P. Henson



The millennial reboot of the 1980s fist-waver puts so much more upon the slim shoulders of our teachable victim, now played by Jaden Smith, the 11-year-old son of dotting Hollywood parents

Will Smith and Jada Pinkett Smith.

So desperate are the Smiths to have Jaden join the family firm, they've shoe-horned him into a role requiring dramatic, comedic and romantic chops that are beyond his slim abilities.

He's woefully out of his league filling Ralph Macchio's sneakers. The film indulgently runs 2:20, at least a half hour more

than it needs, while delivering less fun and inspiration than before.

Jackie Chan assumes Pat Morita's spry sage of a handyman/teacher, now called Mr. Han, and the casting here is also wrong, but from an opposite direction. The likeable Chan is too qualified for this role since everybody knows he's capable of bringing the pain when the kung-fu (not karate) begins.



Robbed of the original film's surprise reveal of the guru's skills, and the reason for the mysterious repetitive tasks he

demand, we know it's just a matter of marking time — lots of it — before the fists and feet start flying.

● PETER HOWELL

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Britney gearing up for a big comeback

► **Rumoured to be working on major album**
► **Taking back control of her life**

Britney Spears is quietly gearing up for a major comeback, with an album in the works tentatively scheduled to be released next year, according to Radar Online.

Spears has reportedly already finished three tracks for the new album.

And she's also reportedly ready to take back control of her life, looking to end the conservatorship within the next three months.

"Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again," a source tells the website.

● METRO



► Britney Spears



► Donnie Wahlberg

Donnie Wahlberg and wife finalize divorce

Donnie Wahlberg is the new single kid on the block.

Court records in Simi Valley, Calif., show the actor-singer and his wife of nearly nine years finalized their divorce on Sept. 28.

The pair each filed for divorce on the same day in August 2008 and reached an out-of-court settlement in the case, which was handled at a Ventura County courthouse about 38 miles northwest of downtown

Los Angeles.

The pair, who were married in 1999, have two sons.

Wahlberg was a member of the boy band New Kids on the Block, which was intensely popular in the late 1980s and early 1990s, and have reunited in recent years.

The 41-year-old is also an actor, appearing in series such as *Band of Brothers* and the new police drama *Blue Bloods*.

● METRO

Jessica Alba afraid of doing nude scenes

Jessica Alba may be considered a great beauty, but she admits she's not her own biggest fan. "Every actress out there is more beautiful than me," Alba tells *British GQ*.

"I've never been comfortable showing my body off. I used to have anxiety attacks before shoots. I'll never do a nude scene. I can act sexy and wear sexy clothes, but can't go naked."

● METRO



► Jessica Alba

Kelly Osbourne reduced to tears

Kelly Osbourne is so impressed with her recent 48-pound weight loss that it brings her to tears.

"I just shot the cover of *Shape Magazine*, which was such an incredible experience. I have never worn a bikini in my life before yesterday," she tells *Us Weekly*.

"I cried when I saw the picture. Everyone that was there, we all just burst into tears. It was a thrilling experience."

THE ASSOCIATED PRESS

Celebrity tweets



Kirstie Alley
[@KirstieAlley] Boo!



Ben Stiller
[@RedHour Ben] Excited for the Knicks this year! It's been too long.



Amy Winehouse
[@Amyjade-mermaid]

Ronson, you're dead to me; one album I write and you take half the credit — make a career out of it? Don't think so.



Steve Martin
[@Steve MartinToGo]

Marijuana laws loosened in California. Tour bus suddenly smells like old socks.

● METRO

Talking points

Ready to go public?

LOVE AT FIRST SIGHT. Middle Jonas Brother Joe Jonas is reportedly "head-over-heels" for *Twilight* star Ashley Greene, according to *People* magazine.

According to a source, he thinks she is down-to-earth, absolutely beautiful and he hasn't been this into a girl in a long time.

While the pair have allegedly been dating quietly for the past two months, they've been spotted out lately on a date at Disneyland and holding hands while shopping at a pharmacy, suggesting they're ready to go public. A rep for Jonas had no comment.

● METRO



No date nights for Moore

MARRIAGE REALITY.

Julianne Moore admits that she and longtime husband, film producer Bart Freundlich, find making time to have a weekly date night "kind of impossible" because of their hectic schedules she says.

"I admire people who manage that," she says. "We try to get out when we can. We're like any other couple. It's always difficult."

● METRO

Perry to wed this month

AN INDIAN WEDDING. Katy Perry and Russell Brand are reportedly set to tie the knot later this month in India — and they're planning on having a weeklong celebration.

Friends and family of the couple recently received save-the-date cards from Perry and Brand saying, "Meet you in Delhi in October. Dates to follow. Please allow seven days for this event," says a source.

About 75 to 100 guests will be staying at a resort in India and the ceremony is going to be held at an ashram.

● METRO





Less sleep can help extend life

► New study shows getting five hours of sleep is associated with longer life span ► Flies in the face of traditional belief you need eight hours

CELIA MILNE
LIFE@METRONews.ca

Only sleeping five hours a night? You may live longer than your friends.

A study done at the University of California, San Diego has found that sleeping between five and six-and-a-half hours a night is associated with the greatest longevity, at least in women over 50.

This may be great news

3.3M

If you've got sleep issues, you're certainly not alone. An estimated 3.3 million Canadians over age 15 have problems getting enough sleep.

for women who aren't getting as much sleep as they used to, and are worried about it.

A team of scientists did a two-part study. The first stage took place between 1995 and 1999.

They monitored the sleeping habits of 459 women between the ages of 50 and 81 living in California.

Then, 14 years later, the scientists returned to study the same group and found details on 444 women. Of those, 86 had died.

The researchers were surprised to find that the best survival was in women who slept between five and 6.5 hours a night.

Women who slept less than five hours a night or more than 6.5 hours were less likely to be alive.

"This means that



women who sleep as little as five to six-and-a-half hours have nothing to worry about since that amount of sleep is evidently consistent with excellent survival," reported

lead author Dr. Daniel Kripke, professor emeritus of psychiatry at UC San Diego school of medicine.

The study was published in the journal Sleep Medicine.

8

Some people seem to need eight hours of sleep, and others are fine with five. The true test is whether you feel good when you wake up.

Shift workers

Don't work nine to five? Feeling sleepy? About 25 per cent of workers in Canada do some kind of shift work, and this obviously affects sleep and health. Studies show people who work shifts are at higher risk for sleep disturbances. Here are some tips to deal with shift work sleep problems:

- Avoid long commutes.
- Avoid working overtime.
- Take short naps during the shift if there is down time.
- Interact with others to keep you alert when necessary.
- Try to be physically active on a regular basis.
- Do the most boring tasks near the beginning of your shift.
- If you are working nights, you'll probably be most tired around 4-5 a.m.
- It's OK to drink caffeine near the beginning of your shift.

3

life

Healthy bites



Curves

We're envying the natural curves flaunted by actress Christina Hendricks (pictured). We cheer this shift from the skinny to sexy.

Detoxing

Summer's over and we have developed a taste for lunchtime drinking. Now we are faced with a health and reality check.



Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc

Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc

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Grunting players have advantage

► Research shows tennis players who scream and shout during their matches tend to get better results

Tennis fans have likely grown accustomed to some of the game's top players unleashing loud grunts along with their blistering backhands and forehand volleys.

New research suggests these emphatic outbursts may be having more of an impact on the game than just cranking up the decibel level on the court.

A study co-authored by University of British Columbia and University of Hawaii researchers suggests grunts may provide players with a leg up on their competition.

Assistant psychology professor Scott Sinnett at the University of Hawaii at Manoa and UBC psychology professor Alan Kingstone looked at the effects of noise on shot perception during a tennis match.

The researchers enlisted 33 UBC undergrads, none of whom had more than recreational tennis experi-



► Former Wimbledon singles champ Maria Sharapova has been known for her grunting.

ence and who reported normal hearing and normal or corrected-to-normal vision.

The participants sat

about 60 centimetres from a computer screen in a dimly lit and sound-attenuated testing room to look at videos Sinnett had shot

of his friend, a former semi-professional tennis player, hitting a ball to either side of a tennis court.

Half of the clips were ac-

companied with a brief 60-decibel sound overlapping when contact was made with the ball, volume equivalent to a conversa-

100

Former Wimbledon singles champ Maria Sharapova has been known to belt out grunts topping 100 decibels. Other players have called the act so distracting that they consider it cheating.

tion at a three-foot distance.

But rather than using actual grunts, researchers created what Sinnett describes as "white noise" comparable to a "shushing sound."

Sinnett said the fact that the sound level used in the experiment was quieter than real grunts and effects are still seen is "kind of telling in itself." "If we had a much louder sound, it might actually lead to more profound effects."

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As dentists, we are strong believers in **YOUR power to control so many aspects of your oral health**, as well as your life! Taking positive steps with **diet, exercise, dealing with stress** can all improve your oral health. Of course, making the decision to spend the necessary time to **properly brush, floss and visit the dentist** also helps immensely.

While there is much in life that we can control, sometimes there are things that we simply cannot. When it comes to your teeth, even the strongest, healthiest teeth may fracture as a result of an unforeseen accident.

If you are unfortunate enough to experience such an accident, you will likely need some form of treatment. Of course, the nature of the required treatment may vary depending upon the manner of the fracture.

For instance, cracks in the teeth can be treated with different options, depending upon the severity of the crack. If you are lucky, the crack may simply be nothing more than a **very minor surface cracking of the enamel**, the exterior coating of the tooth. A simple polishing may be sufficient to treat this.

However, if you notice the appearance of a crack on your teeth, you should not assume it is minor in nature. Have your dentist take a look. **The crack may be**

indicative of a more severe fracture that goes through the entire tooth.

You may not be experiencing any pain yet, but such a crack can leave your root exposed. It could require a filling, a crown or possibly a root canal if the root or pulp of the tooth has been damaged.

Many people active in sports may **chip a tooth**. Again, the severity and location of the chip can determine the ideal treatment. A very minor chip may require little more than **filing away any sharp edges created**. If the shape is not cosmetically appealing, **veneers may prove an attractive option** to get that tooth to, once again, look...attractive!

However, larger chips may leave a root exposed and require more intrusive

intervention. Again, a crown could be the option best suited to this situation.

If you experience a **serious break**, you will know it. Such a break will usually be the result of a strong trauma, and it will usually be accompanied with very noticeable pain, bleeding and often swelling. You will have to see your dentist immediately.

In some instances, the fracture may be so severe that your dentist might suggest **implants** as the best alternative. Implants are wonderful options as they look and perform just like a natural tooth. Patients who have had them have been thrilled with the results!

For all the hard work you do to take care of your teeth, we hope you never see your efforts undone by an accident that leaves you with a fractured tooth. However, if this should be the case, visit your dentist as soon as possible. Even if you think it is a minor break, x-rays may reveal a potentially more serious problem than you might think.

Let your dentist determine how severe the damage is and provide you with treatment options. Because treating fractures as early as possible is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Don't forget the perfect wine for this Thanksgiving



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Any holiday that ends with a good meal is OK in my book; especially when wine is at the heart of the celebration.

Thanksgiving is arguably the ultimate in family food fests because it shines the spotlight on things we already have, rather than an orgy of gift giving, which means whatever's on the table can really shine.

Though my wife keeps reminding me that I used to be a good cook back in my swinging bachelor days, she's really the master chef of the Rockwell mansion.

We keep things pretty traditional come Thanksgiving, so

turkey is the star of our show.

With its well-rounded strawberry-meets-cherry fruit and typically smooth silky flavours, pinot noir is our go-to red grape. The Lindemans 2008 Bin 99 Pinot Noir (\$12.00 – \$12.99) from Australia offers great value to go along with its balanced profile.

For an all-purpose white, a bottle of New World chardonnay or riesling would match nicely with the big bird and all its fixings. If you're up for drinking outside the box, the lean, green fruit and mellow acidity of the 2009 Soave Italia (\$11.40 – \$14.99) from Italy is one that will appeal to a broad range of palates.

Prices reflect the range across the country. Some products may not be available in all provinces.



Fall is the sign to start stewin'

LARRY CROWE/THE ASSOCIATED PRESS



► A fragrant coconut-lime beef stew.

This fall, when that mood strikes (or there's a crowd to feed), consider veering off the traditional recipe path and trying this somewhat unconventional, yet still classically comforting, fragrant coconut-lime beef stew.

Fresh ginger, ground coriander, cumin and turmeric season a rich, coconut milk-based sauce that gets zing from fresh lime juice and lime zest, plus a touch of heat from a pinch or two of cayenne pepper. Serve over a helping of steamed white or brown rice.

Fragrant Coconut-Lime Beef Stew

Preparation:

1 Heat oven to 160 C (325 F).

2 In a large Dutch oven over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and saute until it begins to colour, 7 to

8 minutes. Add garlic, ginger, coriander, cumin, turmeric and cayenne pepper. Cook until fragrant, about 1 minute longer. Transfer mixture to a large plate.

3 Return Dutch oven to burner. Increase heat to high and add another 7 ml (1 1/2 tsp) of the oil to the pot. When oil is hot, add a quarter of the beef and cook until well

browned on all sides, about 3 minutes. Transfer to plate. Brown remaining beef in 3 more batches, adding oil as needed.

4 Return onion mixture and browned beef to pot. Stir in coconut milk, lime zest, lime juice, brown sugar, 2 ml (1/2 tsp) salt, bay leaves and baby carrots. Bring mixture to a simmer, cover, then place in the oven

Ingredients:

- 45 ml (3 tbsp) canola oil, divided (approx)
- 1 medium yellow onion, chopped (about 250 ml/1 cup)
- 5 cloves garlic, minced
- 15 ml (1 tbsp) minced fresh ginger
- 7 ml (1 1/2 tsp) ground coriander
- 7 ml (1 1/2 tsp) cumin
- 2 ml (1/2 tsp) turmeric
- 0.5 ml (1/8 tsp) cayenne pepper, or more to taste
- 1.5 kg (3 lb) beef chuck, cut into 2.5-cm (1-inch) chunks
- 1 can (398 ml/14 oz) unsweetened coconut milk
- 5-cm (2-inch) strip lime zest
- 30 ml (2 tbsp) lime juice
- 15 ml (1 tbsp) brown sugar
- 2 ml (1/2 tsp) salt, plus more to taste
- 2 bay leaves
- 500 g (1 lb) baby carrots
- 125 ml (1/2 cup) chopped peanuts (optional)

for 1 1/2 to 1 3/4 hours or until beef is tender. Alternatively, stew can be simmered over low heat on the burner.

5 Season with salt. Serve garnished with chopped peanuts, if desired. Makes eight servings.

THE ASSOCIATED PRESS

ADVERTISING FEATURE

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symbol—a guarantee that the ice cream inside was made with cream produced from 100% Canadian milk.

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By July 2010, only two months after the launch of the President's Choice® Ice Cream Shop Flavours brand, production of its top flavours had to be doubled to keep up with the exploding demand. Clearly consumers loved our flavours.

"Life's about choices," says Michael. "As a retailer, we made one too. We chose to make our ice cream with quality ingredients, and made sure our customers knew it. They did the rest."

The product in question is President's Choice® Ice Cream Shop Flavours ice cream: a selection of 14 nostalgic and traditional flavours, ranging

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

from Vanilla and Mint Chocolate Chip to Sprinkle Party Cake. It was launched in May 2010, and promoted by four hot-pink ice cream trucks, touring Canada coast-to-coast, serving samples to eager kids and grown-ups alike. Featured prominently on each truck was the 100% Canadian Milk



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TORONTO COUPLE FOUND LOVE ON THE HIKING TRAIL

How We Met:

**Wayne
& Lynn**

Names: Wayne, 45,
and Lynn, 40

Hometown:
Toronto

Together since:
February 2007

**Their
story:**

"When I (Lynn) moved to
Toronto from Vancouver, I
was so anxious about not
being able to hike and
camp like I did in B.C. ...

"So, I joined a hiking
club and that's where I
first met Wayne.

"Many men take it as re-



► Wayne and Lynn spent six months getting to know each other
as part of a Toronto hiking club before they began dating.

jection when women say
they just want to be
friends first, but not
Wayne! We were friends
for about six months be-
fore we started dating.

"Since then, we've dis-
covered so many beautiful
outdoor spaces together,

in Ontario and beyond. We
recently went canoeing
and camping in Temaga-
mi; the wilderness was
amazing and we were the
only people on the lake
camping on a small island.
It was there that Wayne
proposed to me as the sun

was rising. Our wedding
will take place in 2011 in
Taiwan, and then it's back
to Toronto to continue our
life journey together."

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



RRSP BORROWING?

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.

Check some Government of Canada

websites for full details on both of these plans.

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns. There are other pitfalls as well, make sure to research them all and realize the primary benefits of the plans are home ownership and education — weigh the pros and cons to make an informed decision.

It's time to make a financial plan

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



A financial plan is a blueprint for the money side of life.

It's financial planning week. Granted, not as exciting as Thanksgiving or Halloween but bear with me. If I could reduce your stress, make you happier and more secure would you start to get a bit more interested?

There's one fairly easy step you can take to accomplish all of the above — make a financial plan. According to the Financial Planning Standards Council, which oversees the Certified Financial Planner or CFP designation, only one in five Canadians has a financial plan.

"And I need one be-



cause?" you ask. Well, those who have a comprehensive financial plan (read: know where they are and where they're going financially) are twice as likely to feel prepared to weather difficult economic times. And they're almost twice as likely to have peace of mind about their financial situation as those who have never done any money planning.

And peace of mind equals reduced stress.

Right?

If I have you convinced the exercise is worthwhile, you might wonder about the what and where of financial planning. The process involves six elements; household budgeting, tax, retirement, estate planning (including life insurance), investing (as well as saving) and debt management.

A CFP, or certified financial planner, will have all the tools to put together a

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.30%
TD	1.15%
ALLY	2.00%

CHECK BANK WEBSITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

comprehensive plan. But, in the wake of some horrible investment experiences recently many are leery of advisors who are paid largely through the products they sell, such as insurance and mutual funds.

Fair enough. One option is a fee only or fee-for-service planner. About seven per cent of CFPs operate on this basis where you pay for their advice, just as you would a lawyer.

Whichever kind of advisor you choose, ask, "How and how much are you paid?" And ask them to disclose anything they don't sell because there is no commission attached to compensate them.

The good ones will applaud your diligence.

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ORGANICS

What do we mean by 'Organic'?

The word's all over stores these days. Meat, milk, cheese and yogurts advertise their organic ingredients; cereals too. 'Organic' shows up on signs above produce, some of it priced at a premium. But what's in a name? For a lot of people, organic just means healthy or safe. There's actually far more to it.

In Canada, no product can be labelled or advertised 'organic' unless it's composed of 95 per cent or more organic content. It must be produced in a manner consistent with the Canadian Organic Standards, and certified by a body accredited under the Canada Organic Regime. Products claiming to be 'organically grown,' 'organically raised,' or 'organically produced' must back up those claims. If the product has multiple ingredients, all organic contents must be identified as such on the packaging.

Organic foods are grown, processed, distributed, and sold according to strict standards, and with a particular philosophy in mind. For livestock, that means a life of humane treatment, free of antibiotics and synthetic hormones. Cloned animals are not considered organic. For crops, it means biological diversity within the farm; optimizing yield without resorting to toxic and persistent pesticides and fertilizers.

The production of organic foods should also maintain the environment, not strain it. Organic practices are expected to minimize soil degradation, decrease pollution, and maintain soil fertility long-term. Use of recycled materials and renewable energy sources should always be encouraged. Processing should be achieved without artificial ingredients, preservatives or irradiation. The handling, packaging, and shipping of the products should do nothing to compromise this.

A smart consumer is an informed consumer. Now that you know what goes into making the organic products in your local shops and markets, you'll be certain you're buying those best suited to your family's needs.

Organic food no longer just a specialty item

More and more Canadians are recognizing the benefits of organic food and making it part of their daily diets. When first introduced to the market, organic food was deemed a specialty item with little selection and limited availability. In response to the increasing consumer demand for organics, the industry has grown exponentially. A wide assortment of options, including packaged goods and snacks, are now available to consumers across the country.

Why 'go organic'?

- The absence of pesticides and other chemicals in the production of organic food means that more nourishing food ends up on the dinner table.
- Certified organic producers harvest crops in ways that are less impactful to the environment and surrounding ecosystem. Crops are rotated to enrich the soil, wildlife is encouraged by the inclusion of foliage crops and water resources are protected and reserved.

To make it easy and affordable for Canadians to include organic products in their daily diets, Shoppers Drug Mart and Pharmaprix recently introduced Nativa, a new exclusive line of organic products. Featuring more than 200 organic food items, including snacks, pasta, cereals, soups, coffee/ tea, jams and condiments, the line offers customers a large assortment of delicious and affordable certified organic products.

The line has resonated with Shoppers Drug Mart and Pharmaprix customers who love the convenience and affordability. "As a family, we're pretty health conscious and we love the Nativa brand of food and snacks," said Beverly Day, Shoppers Drug Mart customer.

Certification

While many products claim to be organic, before you make your purchase ensure the product has been certified organic by an authorized body. Choose well-respected brands, like Nativa Organics, which ensure adherence to strict guidelines, are third-party certified and come with a full money-back guarantee.

For more information about Canada's organic food industry, visit Agriculture and Agri-Food Canada at www.agr.gc.ca

Guilt-free snacking

Canadian families continue to embrace organic foods, making them a part of daily life. In addition to organic meal choices, consumers are increasingly choosing organic snacks. It may surprise some to hear that the snack category is one of the most successful categories of the Nativa Organics line at Shoppers Drug Mart – a testament to the fact that Canadians are increasingly looking for organic alternatives for snacking.

Like other organic food products, Nativa Organics snacks are made with ingredients grown without chemical fertilizers or harmful contaminants and do not contain any artificial ingredients or preservatives, making them a healthier snack option. Be sure to check labels to ensure the product has been certified organic by a credible third-party and enjoy your snack – guilt-free!





Be good to yourself. Be good to the earth.™

Discover a wholesome and delicious selection with Nativa® - our exclusive line of premium quality Certified Organic products that adhere to the most stringent of organic standards. From baby food to snacks, meal choices and beverages, Nativa offers healthier choices and great value - every day.



Nativa
Organics

Exclusively at Shoppers Drug Mart®

SHOPPERS
DRUG MART



4
sports

Senators expect to be contenders

PHILLIP MACCALLUM/GETTY IMAGES



▶ Jason Spezza plays against the Rangers on Saturday.

► After quiet summer, team looks to return to winning form ► Spezza says he's happy to be in Ottawa

Jason Spezza is happy, Daniel Alfredsson and Alex Kovalev are healthy, and the Ottawa Senators should be plenty hungry after two lean seasons.

Throw in the addition of Sergei Gonchar and some emerging young talent and, if all goes according to plan, the Senators will prove some of their pre-season doubters wrong.

"I think we've got a good hockey team, I think we're a contending team in the East," GM Bryan Murray said before training camp opened. "I suspect that we'll be better than last year — I expect that."

"Some of our young players, in particular, should be better ... You pair that with a number of the veterans coming back and continuing the kind of play they've had and we should be a good hockey club."

It's been more than three years since the Senators reached their franchise pinnacle, a trip to the Stanley Cup final in 2007. They've not come anywhere near that feat since then and have yet to advance beyond the first round of the playoffs.

A year ago, they had to adjust to life without two-time 50-goal scorer Dany Heatley after an ugly falling out during the off-season.

Fortunately for the Sen-

ators, this summer was a relatively quiet one with only minor rumblings about Spezza being unhappy after he was booed by home fans during last year's playoffs. The star centre cleared the air, however, after the no-movement clause in his contract kicked in July 1 and he pledged his allegiance to the Senators' cause.

"My priorities are here in Ottawa and I want to win in Ottawa," he said.

Spezza was hampered by a bad back last season and was slow to adjust to life without Heatley. He also admitted to getting caught up in trying to impress the selectors for Canada's Olympic team, a roster he failed to make.

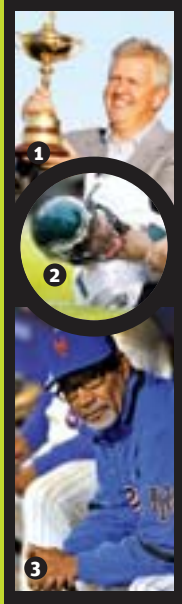
But he had a strong pre-season and will figure prominently in Ottawa's offence, along with linemates Alfredsson and Milan Michalek.

Alfredsson is just getting back to speed after undergoing surgery to repair a sports hernia over the break. But at age 37 he still figures to be a point-a-game player or better and remains the team's heart and soul.

Michalek joined Kovalev in needing surgery to repair a torn ACL during the off-season. But the enigmatic Kovalev says he doesn't expect any setbacks.

THE CANADIAN PRESS

Sports in brief



1 Europe reclaimed the Ryder Cup yesterday.

2 Quarterback Michael Vick has a rib cartilage injury, and his status is uncertain for Philadelphia's next game at San Francisco.

3 The New York Mets fired manager Jerry Manuel and relieved general manager Omar Minaya of his duties.
THE ASSOCIATED PRESS



Scan code for local more sports

Twins rule out playing Morneau in playoffs

BARNAB POSILJEN/GETTY IMAGES



For the second straight year, the Minnesota Twins will play the post-season without Canadian Justin Morneau.

The 2006 AL MVP hasn't played since July 7 because of post-concussion symptoms stemming from an inadvertent knee to the head during a slide into second base at Toronto. The native

of New Westminster, B.C., has begun to improve, but general manager Bill Smith said yesterday the team doesn't want to rush him back too quickly.

Already ruled out for the first round of the playoffs, Morneau had hoped to be ready for the AL championship series or the World Series.
THE ASSOCIATED PRESS

Sports in brief

Canada takes its first gold

COMMONWEALTH. Small crowds, minor glitches and the prospect of contracting dengue fever were still a concern for organizers as the spotlight finally turned to sports at the Commonwealth Games.

Victoria swimmer Ryan Cochrane quickly put Canada on the board, winning the men's 400-

metre freestyle in three minutes 48.48 seconds.

THE CANADIAN PRESS

Big Ben back with Steelers

NFL. Ben Roethlisberger, Brian Cushing and Santonio Holmes are among seven players now eligible to return to their NFL teams after serving four-game suspensions.

Two-time Super Bowl-winning quarterback Roethlisberger returned to the Pittsburgh Steelers yesterday.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION									
	W	L	Pct	GB	WGBE	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

2010 POST SEASON

DIVISION SERIES

(Best-of-5)
 (Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)
 (All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)

Tomorrow's game

Texas (Lee 12-9) at Tampa Bay (Price 19-6), 1:37 p.m.

Thursday's game

Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.

Saturday's game

Tampa Bay (Davis 12-10) at Texas (Lewis 12-13), 5:07 p.m.

Sunday's game

x-Tampa Bay (Shields 13-15) at Texas (Hunter 13-4), TBA

Thursday, Oct. 12

x-Texas at Tampa Bay, TBA

MINNESOTA (C) VS. N.Y. YANKEES (WC)

Tomorrow's game

N.Y. Yankees (Sabathia 21-7) at Minnesota (Liriano 14-10), 8:37 p.m.

Thursday's game

N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11), 6:07 p.m.

Saturday's game

Minnesota (Duensing 10-3) at N.Y. Yankees (Pettitte 11-3 or Hughes 18-8), 8:37 p.m.

Sunday's game

x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA

Tuesday, Oct. 12

x-N.Y. Yankees at Minnesota, TBA

AMERICAN LEAGUE

Final For 2010 Season

	G	AB	R	H	Avg.
JHamilton Tex	133	518	95	186	.359
McKibber Det	150	548	111	180	.328
Mauer Min	137	510	88	167	.327
ABeltr Bos	154	589	84	189	.321
Can NY NY	160	626	103	200	.319
Butler KC	158	595	77	189	.318
Isuzuki Sea	162	680	74	214	.315
Konerko CHW	149	548	89	171	.312
Crawford TB	154	600	110	184	.307
VMartinez Bos	127	493	64	149	.302

RBI — McKibber, Detroit, 126; Alarodriguez, New York, 125; JButts, Seattle, 124; Guerrero, Texas, 115; Delmonico, Minnesota, 112; Konerko, Chicago, 111; Cano, New York, 109.

HITS — Isuzuki, Seattle, 214; Cano, New York, 200; Abeltr, Boston, 189; Butler, Kansas City, 189; Markakis, Baltimore, 187; Hamilton, Texas, 186; Mauer, Kansas City, 186.

DOUBLES — Abeltr, Boston, 49; Longoria, Tampa Bay, 46; Delmonico, Minnesota, 46; Butler, Kansas City, 45; McKibber, Detroit, 45; Markakis, Baltimore, 45; WVelis, Toronto, 44.

TRIPLES — Crawford, Tampa Bay, 13; Alarodriguez, New York, 10; Span, Minnesota, 10; Pennington, Oakland, 8; Gardner, New York, 7; Granderson, New York, 7; Maier, Kansas City, 6; Podsednik, Kansas City, 6.

HOME RUNS — JButts, Seattle, 40; Konerko, Chicago, 39; McKibber, Detroit, 38; Teixeira, New York, 33; JHamilton, Texas, 32; Ortiz, Boston, 32; VVelis, Toronto, 31.

STOLEN BASES — Pierre, Chicago, 68; RDavis, Oakland, 50; Crawford, Tampa Bay, 47; Gardner, New York, 47; Figgins, Seattle, 42; Isuzuki, Seattle, 42; Blyden, Tampa Bay, 42.

PITCHING — Sabathia, New York, 21-7; Price, Tampa Bay, 19-6; Lester, Boston, 19-9; Hughes, New York, 18-8; Cahill, Oakland, 18-8; Verlander, Detroit, 18-9; CBuchholz, Boston, 17-9; Esantana, Los Angeles, 17-10; Pavano, Minnesota, 17-11.

STRIKEOUTS — JerWeaver, Los Angeles, 233; Hernandez, Seattle, 232; Lester, Boston, 225; Verlander, Detroit, 219; Liriano, Minnesota, 201; Sabathia, New York, 197; Clewis, Texas, 196.

SAVES — RSoriano, Tampa Bay, 45; Sorria, Kansas City, 43; Nolasco, Texas, 40; Gregg, Toronto, 37; Papelbon, Boston, 37; Mulvey, New York, 33; Aradiso, Seattle, 31.

NATIONAL LEAGUE

Final For 2010 Season

	G	AB	R	H	Pct.
CGonzalez Col	145	587	111	197	.336
Votto Cin	150	547	106	177	.324
Olfinante Atl	134	471	65	151	.321
Tulowitzki Col	122	470	89	148	.315
Holliday STL	158	596	95	186	.312
Pujols STL	159	587	115	183	.312
Prado Atl	140	599	100	184	.307
Zimmerman Wash	142	525	85	161	.307
Braun Mil	157	619	101	188	.304
RH Ramirez Fla	142	543	92	163	.300

RUNS — Pujols, St. Louis, 115; Weeks, Milwaukee, 112; Gonzalez, Colorado, 111; Votto, Cincinnati, 106; Werth, Philadelphia, 106; Braun, Milwaukee, 101; Ahluff, San Francisco, 100; BPhillips, Cincinnati, 100; Prado, Atlanta, 100; Uggla, Florida, 100.

RBI — Pujols, St. Louis, 118; Gonzalez, Colorado, 117; Votto, Cincinnati, 113; Howard, Philadelphia, 108; Uggla, Florida, 105; McGeehe, Milwaukee, 104; Braun, Milwaukee, 103; Adunn, Washington, 103; Holliday, St. Louis, 103; DWright, New York, 102.

HITS — Gonzalez, Colorado, 197; Braun, Milwaukee, 188; Holliday, St. Louis, 186; Prado, Atlanta, 184; Pujols, St. Louis, 183; Votto, Cincinnati, 177; AdGonzalez, San Diego, 176.

DOUBLES — Werth, Philadelphia, 46; Braun, Milwaukee, 45; Holliday, St. Louis, 45; AForres, San Francisco, 43; Loney, Los Angeles, 41; Prado, Atlanta, 40; ASoriano, Chicago, 40.

TRIPLES — Fowler, Colorado, 14; SNew, Arizona, 12; AEscobar, Milwaukee, 10; JosReyes, New York, 10; Victorino, Philadelphia, 10; Gonzalez, Colorado, 9; AForres, San Francisco, 8.

HOME RUNS — Pujols, St. Louis, 42; Adunn, Washington, 36; Votto, Cincinnati, 37; Gonzalez, Colorado, 36; Uggla, Florida, 33; Fielder, Milwaukee, 32; MarReynolds, Arizona, 32.

STOLEN BASES — Bourn, Houston, 52; Pagan, New York, 37; Morgan, Washington, 34; Victorino, Philadelphia, 34; AlcCutch, Pittsburgh, 33; RH Ramirez, Florida, 32; JosReyes, New York, 30; Stubbs, Cincinnati, 30.

PITCHING — Halladay, Philadelphia, 21-10; Wainwright, St. Louis, 20-11; Jimenez, Colorado, 19-8; Thudson, Atlanta, 17-9; Arroyo, Cincinnati, 17-10; CCarpenter, St. Louis, 16-9; Lincecum, San Francisco, 16-10; DLowe, Atlanta, 16-12.

STRIKEOUTS — Lincecum, San Francisco, 231; Halladay, Philadelphia, 213; Jimenez, Colorado, 214; Wainwright, St. Louis, 213; Kershaw, Los Angeles, 212; Hamels, Philadelphia, 211; Dempster, Chicago, 202.

SAVES — BWilson, San Francisco, 48; HBel, San Diego, 47; CFord, Cincinnati, 40; Marmol, Chicago, 38; Wagner, Atlanta, 37; LUnuez, Florida, 36; Franklin, St. Louis, 27; Lidge, Philadelphia, 27.

NHL

PRE-SEASON

Yesterday's results

At Tampere, Finland

Minnesota 5 lives Tampere (Finland) 1

At St. Petersburg, Russia

SKA St. Petersburg (Russia) 5 Carolina 3

Today's games

Columbus at Malmö/Rogle BK (Sweden), 1 p.m.

Boston at HC Liberec (Czech Republic), 1 p.m.

Tomorrow's game

Phoenix at Dinamo Riga (Latvia), Noon

End NHL Pre-season Schedule

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	27	14	8	5	35	27	47
Columbus	27	13	7	7	35	29	46
Kansas City	26	9	11	6	29	31	33
Toronto FC	27	8	12	7	28	34	31
Chicago	26	7	11	8	31	35	29
Philadelphia	27	7	13	7	32	44	28
New England	27	7	15	5	29	47	26
D.C. United	27	6	18	3	19	42	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	27	16	6	5	40	22	53
x-Real Salt Lake	27	14	4	9	41	18	51
x-FC Dallas	27	12	2	13	39	22	49
Seattle	27	12	9	6	34	31	42
Colorado	27	11	8	8	37	27	41
San Jose	26	11	8	7	28	28	40
Houston	27	7	14	6	36	46	27
Chivas USA	26	7	15	4	26	36	25

x — clinched playoff berth.

Thursday's game

Los Angeles at Philadelphia, 8 p.m.

Friday's game

Columbus at Chicago, 9 p.m.

Saturday's games

Real Salt Lake at New York, 4:30 p.m.

Colorado at FC Dallas, 6 p.m.

San Jose at D.C. United, 7:30 p.m.

Seattle at Kansas City, 8:30 p.m.

Toronto FC at Chivas USA, 10:30 p.m.

Sunday's game

New England at Houston, 8:30 p.m.

GOLF

RYDER CUP

At Newport, Wales

Par 71

EUROPE 14 ½, U.S. 13 ½

Singles

U.S. 7, Europe 5

Steve Stricker, U.S., def. Lee Westwood, Europe, 2 and 1.

Stewart Cink, U.S., halved with Rory McIlroy, Europe.

Luke Donald, Europe, def. Jim Furyk, U.S., 1-up.

Dustin Johnson, U.S., def. Martin Kaymer, Europe, 4 and 4.

Ian Poulter, Europe, def. Matt Kuchar, U.S., 5 and 4.

Jeff Overton, U.S., def. Ross Fisher, Europe, 3 and 2.

Miguel Angel Jimenez, Europe, def. Bubba Watson, U.S., 4 and 3.

Tiger Woods, U.S., def. Francesco Molinari, Europe, 4 and 3.

Rickie Fowler, U.S., halved with Edoardo Molinari, Europe.

Phil Mickelson, U.S., def. Peter Hanson, Europe, 4 and 2.

Zach Johnson, U.S., def. Padraig Harrington, Europe, 3 and 2.

Graeme McDowell, Europe, def. Hunter Mahan, U.S., 3 and 1.

NFL

WEEK FOUR

AMERICAN CONFERENCE

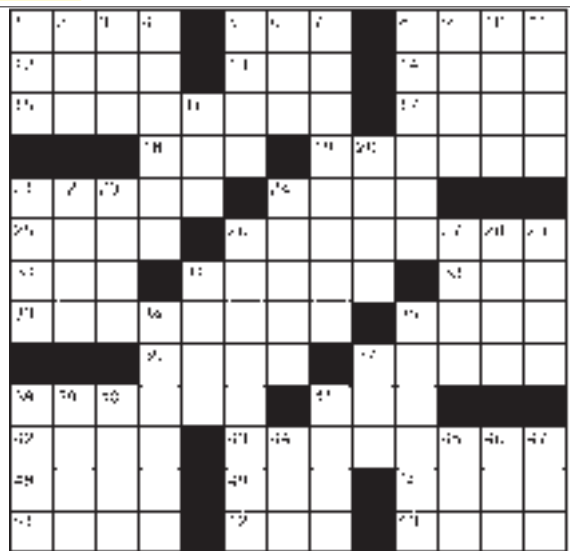
Crossword

Across

1 Galley supply
5 Affirmative reply
8 Pack cargo
12 Scram
13 "— Blue?"
14 Robust
15 Fin
17 Vicinity
18 Family member
19 Lethargy
21 Discard
24 Select
25 Talon
26 Significant detail
30 Chic no more
31 Legends
32 Before
33 Chink in the armor
35 Stare
36 Fender bender
37 Bad lighting?
38 Old brand of TV sets and radios
41 Literary collection
42 Vega's constellation
43 Sentimental weakness
48 Fairy-tale preposition
49 Basketball coaching legend Hank
50 Pontiff
51 Amateur-night ringer
52 Round Table address
53 Location

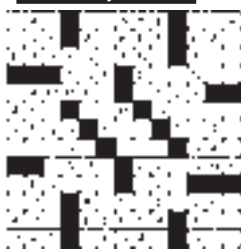
Down

1 Vacationing
2 "The Greatest"
3 Gun the engine
4 Teeter-totter

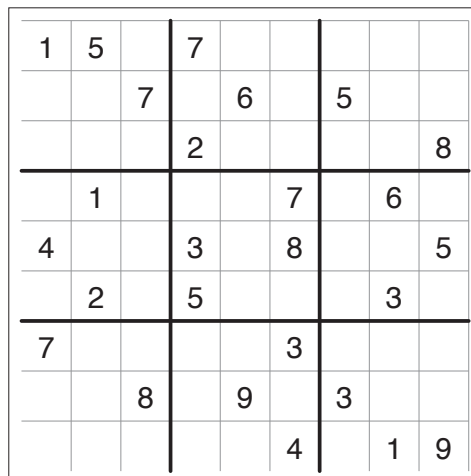


5 Shriek barks
6 Comedian Philips
7 Be patient
8 Hammerheads et al.
9 Rainout cover-up
10 Margarine
11 Have on
16 Taste the tea
20 Publisher Adolph
21 Garbage barge
22 Hint
23 —tat-tat
24 French physicist
with a tube named for him
26 Trance-like state
27 Pod occupants
28 Ricelike pasta
29 Adolescent
31 Fraction of a min.
34 "Constant Craving" singer
35 Clutches
37 Plismire
38 Advertise
39 Injection, for short
40 Pressing need?
41 Distant
44 Sapporo sash
45 Luau bowlful
46 Choose
47 Fairway entrance

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

9	6	3	5	1	4	2	8	7
8	4	7	2	9	3	6	1	5
5	1	2	8	7	6	4	3	9
2	5	4	9	6	8	1	7	3
6	3	8	7	5	1	9	2	4
7	9	1	3	4	2	5	6	8
1	8	6	4	3	9	7	5	2
4	2	5	1	8	7	3	9	6
3	7	9	6	2	5	8	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ava, It's hard to believe a year has gone by so fast since you entered our lives. Happy 1st birthday baby girl, we love you so much.

LOVE MOMMY, DADDY & MAYA

Alina datsko; My world, my reason, my life. I love you so very much. When I look into your eyes, I see a future for us. I deserve a kiss for this. Happy birthday and happy 15 months!!

JRR TJR DEICES, JULIAN RAHAMAN

Kerrie, When I first saw your abnormally white hair (sorry babe) I knew it was love at first sight! I love you more than you could imagine.

FOREVER YOURS, DEAN.

Dear Janet! :) This was by far the best way to wish you a happy 10 months and sorry for not texting it to you, but I thought it'd be better if I published it for the world to see! And it's beside the horoscope, so no page flipping for you! Anywho I love you and enjoyed being with you for these 10 months! :) **CHEERS-TARUN :)**

Today's horoscope

♈ Aries March 21-April 20 Make things happen. Command respect from those you live and work with. The one thing you must not do, however, is make unreasonable demands.

♉ Taurus April 21-May 21 You will be confronted by a major challenge of some kind today, the kind that most people would give up on without even trying. But you're not most people so roll up your sleeves and get stuck in.

♊ Gemini May 22-June 21 You are not in the mood to play games and with Mercury, your ruler, aspecting planet Pluto anyone who annoys you will very soon regret it. Your tongue can be a dangerous weapon.

♋ Cancer June 22-July 22 Stand your ground today and refuse to be intimidated by people who talk tough but don't have much back up their talk. You're more courageous than they are.

♌ Leo July 23-Aug. 23 Be assertive today but don't come on so strong that you turn people against you. What you always need to keep in mind is that others have feelings, too. Treat them with respect.

♍ Virgo Aug. 24-Sept. 22 With Mercury, your ruler, squaring up to Pluto today you won't hesitate to use a little muscle to get what you need. Sometimes it's not enough to ask for what you want, sometimes you have to turn the screw.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 With the Sun, Mercury and Saturn moving through your sign, this should be a time of success. But because Mercury is at right angles to Pluto today you must make sure you stay within the rules or you'll be punished!

♏ Scorpio Oct. 24-Nov. 22 Has someone got it in for you? Do they intend to do you harm? It's possible, but more likely it's just your mind playing tricks on you. Be rational, not emotional.

♐ Sagittarius

Nov. 23-Dec. 21 It's easy to get impatient with people who don't think or act as fast as you. But you can't change the way others behave, but you can change your attitude. Try it.

♑ Capricorn Dec. 22-Jan. 20 Nothing stays the same and today's Mercury-Pluto link will make it plain to you that the changes now taking place are unstoppable. Don't fear them or fight them, flow with them.

♒ Aquarius Jan. 21-Feb. 18 There are times when you take life too seriously and this is one of them. You did something wrong? So what? Each day is a new beginning, so start over.

♓ Pisces Feb. 19-March 20 You'll have to make a tough decision today, the kind you would give anything to avoid. Like it or not, the responsibility has fallen on your shoulders, so make it and move on quickly. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Deals of the week

NON-STOP FLIGHTS

DOMINICAN REPUBLIC

Punta Cana Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.

\$1089

+Taxes & other fees
(including service charges): \$305

Gran Bahia Principe Punta Cana • 4 1/2 ★

All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.

\$1349

+Taxes & other fees
(including service charges): \$305

TURKS & CAICOS

Ocean Club West Resort • 4 ★

Studio suite
Dec. 20 • 1 wk.

\$1499

+Taxes & other fees
(including service charges): \$248

CUBA

Santa Clara

Royal Hideaway Ensenachos • 5 ★

All-Inclusive
Royal spa premium rm.
Jan. 9, 16 & 23 • 1 wk.

\$1249

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

\$1459

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

\$1669

+Taxes & other fees
(including service charges): \$276

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.
Jan. 22 • 1 wk.

\$1379

+Taxes & other fees
(including service charges): \$284

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★

All-Inclusive • Junior suite
Jan. 22 • 1 wk.

\$1409

+Taxes & other fees
(including service charges): \$284

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Dec. 25 • 1 wk.

\$1879

+Taxes & other fees
(including service charges): \$276

FLIGHTS VIA TORONTO

BAHAMAS

Great Exuma Hideaways at Palm Bay Beach Club • 3 1/2 ★

Garden view studio
Nov. 7 - 28 • 1 wk.

\$839

+Taxes & other fees
(including service charges): \$214

SAINT LUCIA

Coconut Bay Beach Resort & Spa • 4 ★

All-Inclusive
Deluxe garden view rm.
Oct. 9 - 31 • 1 wk.

\$889

+Taxes & other fees
(including service charges): \$243

MEXICO

Puerto Vallarta/ Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2 ★

Unlimited luxury®
Junior suite tropical view
with jacuzzi
Dec. 4 • 1 wk.

\$1249

+Taxes & other fees
(including service charges): \$295

USA

FLORIDA | Fort Lauderdale

Bahia Mar Beach Resort & Yachting Center • 3 ★

Double courtyard rm.
Jan. 9 - 30 • 3 nts.

\$729

+Taxes & other fees
(including service charges): \$131

CRUISE

Princess Cruise Line¹

Caribbean Princess®

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. KK
Dec. 12 • 1 wk.

\$919

+Taxes & other fees
(including service charges): \$283



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